

JCMG Group Talk

March 2011 Vol. 15 / Num. 3



Cardiologist First in Area to Implant MRI-Safe Pacemaker



Conrad Balcer, D.O., JCMG Cardiology, has implanted the first MRI-compliant pacemaker in a patient at St. Mary's Health Center. The new device represents a major advancement for pacemaker patients, who until now could not safely undergo MRI scanning.

The Medtronic device, implanted by Balcer at St. Mary's, is the first in Jefferson City and among the first in the nation, receiving FDA approval only a week ago today.

Prior to this new technology, MRI procedures for patients with implanted pacemakers were not recommended because these patients might face serious complications, such as interference with pacemaker operation or damage to system components.

"This new technology is so important because it no longer limits diagnostic testing. There is a group of patients who have been unable to have increasingly essential diagnostic testing for fear of complications with their implanted device," says Balcer. "What a welcomed advancement in how we can diagnose and treat our patients."

The number of patients with pacemakers in the United States is growing, while MRI scans have increased to about 40 million each year. MRI is often preferred by physicians because it provides a level of detail and clarity not offered by other soft-tissue imaging systems. More than 200,000 patients annually in the U.S. have had to forego an MRI scan because they have a pacemaker.

For more information, please call JCMG Cardiology at 635-JCMG (5264).

Women Praise Health Event

Women from near and far joined Women's Clinic of JCMG for a Go Red Health Screening event February 4. Hear some comments made by the participants.

"Heart disease runs rampant in my family. I really appreciate this event because it is a good motivator. I always thought of it as a man's disease. My brother had a heart attack in his early 30's but when I lost my sister to heart disease it was a real wake-up call." Other comments included, "I had insurance last year and just kick myself for not getting these things checked then. This is such a great event for women. I really appreciate you hosting this event and working around my schedule." Another lady said, "It's the best \$11 that I'll invest today!"

All participants were treated to chocolate covered strawberries, red-velvet muffins and diet punch, as well as, goody bags and door prizes. What a healthy celebration!

- 2 Take A Sec & Double Check
- 2 2010 Dietary Guidelines
- 2 Raising Money for Healthy Babies
- 3 Celiac Disease: Why Gluten Free?
- 4 A Look at the Month Ahead



Take a Sec & Double Check

When labeling specimens remember the following:

1. Verify the patient's name and date of birth.
2. Label specimen at bedside with first and last name and date of birth.
3. Verify printed label matches the name and date of birth on specimen.

Mislabeled lab specimens should NEVER happen!

Clinical Training Emphasizes "Take A Sec & Double Check"

Clinical training addressing the prevention of mislabeled specimens will take place in March. A list of specific dates and times can be found on the JCMG Intranet.

Training is designed to review the key steps of specimen labeling:

1. Verify the patient's name and date of birth.
2. Label specimen at bedside with first and last name and date of birth.
3. Verify printed label matches the name and date of birth on specimen.

Please contact Shelly Sappington at ssappington@jcmg.org or 556-7745 with questions.

2010 Dietary Guidelines

March is National Nutrition Month which offers a great opportunity for an update on nutrition news.

Weight Treatment Center registered dietitian, Ginger Meyer, MS, RD, LD, will present the recently released Dietary Guidelines 2010 - Tips for You and Your Patients in a special Brown Bag lunch event being held, Wednesday, March 23 from noon to 1 p.m. in the Employee Training Room

A value-added feature is handouts which will be available for patient and personal use.

Brown Bag It!

Dietary Guidelines 2010 - Tips for You & Your Patients

Presented by
Ginger Meyer, MS, RD, LD,
WTC Staff Registered Dietitian

Wednesday, March 23
12:00-1:00 p.m.

Employee Training Room

Be sure to bring your own lunch, coordinate your absence with your supervisor and clock out.

Raising Money for Healthy Babies

The JCMG March of Dimes team has kicked off their campaign to help babies be born healthy. The team has several annual and new fundraisers planned to enable everyone an opportunity to get involved.

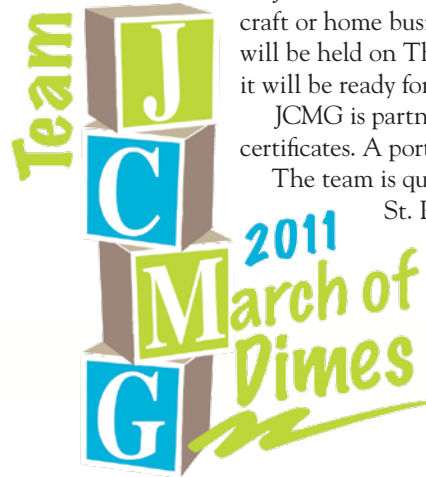
The popular fundraisers are still on tap, such as denim days, Beanie Babies, spring photos, front lobby baby picture display, and a Golden Doodle puppy raffle.

Additionally, The Easter Basket silent auction will be held March 30, 31 and April 1 in the JCMG Medical Building Lobby. Anyone wanting to contribute a craft or home business item is greatly appreciated. Ferris' Famous BBQ will be held on Thursday, April 7. Be sure to place your order early and it will be ready for you when you arrive.

JCMG is partnering with Longfellow's again this year to sell \$10 gift certificates. A portion of the proceeds will be donated to the campaign.

The team is quite excited about a new fundraiser being held on St. Patrick's Day, Thursday, March 17. The flapjack kings of Mike Kehoe Auto Group will be onsite to offer "Patty Cakes" to go. A box of pancakes will be available to purchase for \$4 from the front of the JCMG Medical Building.

For more information on all of these fundraisers, please visit the JCMG Intranet site. Don't miss out!



What's Happening!



JCMG's Mission

To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.

Celiac Disease: Why Gluten Free?

by Sara Echelmeyer, MD
JCMG Gastroenterology, 635-JCMG (5264)



Celiac disease involves the body's immune response to derivatives of gluten, a protein in wheat, rye, and barley. The prevalence of celiac disease in the United States is approximately 1 in 100. The disease occurs because the patient has the genetic make-up to react to gluten proteins causing an inflammatory reaction in the small intestine. The chronic inflammation can impair digestion and absorption of key nutrients resulting in a spectrum of disease. A celiac patient has the genetic component at birth, but many are not symptomatic or start reacting to gluten until later in life. The timing of when a patient

develops celiac symptoms varies among patients and can develop as late as 70 or 80 years of age. It is hypothesized that a trigger, often infection, can precipitate the inflammatory reaction.

Iron deficiency anemia, recurrent abdominal pain, constipation, diarrhea, mood changes, infertility, vitamin D and calcium deficiency, and multiple neurologic complaints are all presenting signs and symptoms of celiac disease. Dermatitis herpetiformis (the characteristic skin lesion), elevated liver enzymes, thyroid disease, irritable bowel syndrome, and diabetes have all been associated with celiac disease.

The American Gastroenterology Association supports the serologic testing of symptomatic patients who are high risk with the previously mentioned complaints or physical manifestations. The diagnostic test of choice is Immunoglobulin A (IgA) Tissue Transglutaminase (TTG). If serologic testing returns positive, then the gold standard for diagnosis includes a small bowel biopsy obtained during esophagogastroduodenoscopy. It is very important that the patient be on a gluten containing diet prior to the procedure to note a reaction.

Celiac disease requires a strict lifelong adherence to a gluten free diet. Gluten containing foods include: pastas, processed meats, breads, broth, marinades, and cereals just to name a few. Certain medications can contain gluten ingredients with gluten containing fillers in both prescription and over the counter medications. Dieticians with expertise in gluten free diet and pharmacists often help to aid patients in making appropriate lifestyle changes to ensure a gluten free diet. Treatment of nutritional deficiencies such as iron, B12, folate, and vitamin D are very important in preventing serious metabolic complications. Compliance to the gluten free diet is important in preventing small bowel lymphoma which is increased in patients with celiac disease.

Notable News & Calendar of Events

- Congratulations to employees receiving Signature Care customer service cards since the last GroupTalk: Tabatha Lancaster. Thank you to Anne Ellis, Randy Fuhrman and Patty Rehagen for a job well done.
- JCMG Heart Walk team will host a chicken dinner and trivia night on Saturday, March 12 from 6 to 10 p.m. at the American Legion Hall. Please call Cardiology 635-0234 ext. 5330 for more details or to register.
- Join the JCMG Heart Walk team "Strike Out" heart disease from 1 to 4 p.m. on Sunday, April 3 at Westgate Lanes. The cost is \$15 per person and includes shoes, lane and three games of bowling. To sign up your team of five or less, please call Cardiology at 635-0234, ext. 4102.
- EIC will host an Easter Party on Saturday, April 16 from 9:30 a.m. to noon. Bring an Easter basket and camera if you would like a photo with the Easter Bunny. EIC needs volunteers to help with the party. If interested call Susie Eoff at 556-7709. Don't forget about the MOD's Spring Photos! For more info, please call ext. 4102.

Saver's Credit

by Sean Duggan, Moneta Group

Under current law, certain taxpayers qualify for a tax credit for money they save in their 401(k) Plans (including the 2010 tax year). The credit rate depends on income, tax filing status and the amount deposited. Some general income guidelines are:

- Single filers with adjusted gross income, or AGI, of up to \$27,750.
- Heads of households with an AGI of less than \$41,625.
- Married and filing jointly with an AGI of \$55,500 in 2010 or \$56,500 in 2011.

It makes sense to review this information with your tax preparer to see if you qualify for the credits.



1. Several JCMG physicians attended the Physician Spouse Network event at Summit Lake Winery.
2. New employees (front L to R): Jami Kallenbach, DRM; Patricia Deen, EC; Mandy Lawrence, ON/HM; Sophie Backes, PHAR; (back L to R): Rachel Shepard, SURG, Debbie Boeckman, "O"; Kelsy Merideth, RAD; Lana Haslag, WC; Tanya Henson, PEDS.
3. Employees and physicians participated in the National Go Red Day. Employees who contributed \$5 to the Heart Walk team were able to wear jeans to work. A total of \$376 was collected.
4. The March of Dimes campaign kick-off raised nearly \$540.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the April issue is March 14. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



March Birthdays

1	CARD	Ashley Falkenstein
1	ON/HM	Sherry Niederhelm
1	EC	Abigail Schulte
1	OPH	Dr. Andrew Weiss
2	SURG	Ashley LePage
3	PEDS	Betty Uxa
4	IM	Dr. Donald Miller
6	PEDS	Sherry Strutton
6	IS	Jeff Thoenen
6	HSK	Joe Wieneman
7	FCA	Regina Thompson
8	PUL	Dr. Thomas Schneider
8	CR	Stephanie Lehmen
9	CARD	Stephanie Kay
9	WHC	Dr. Robert Ferris
10	CARD	Teresa Strange
10	DRM	Dr. Robyn McCullem
13	CBO	Sherry Ruder
13	OSC	Marla Wilson
13	FM	Carrie Holohan
15	"O"	Carol Mize
15	FM	Dr. Cindy Leahy
15	IS	Cody Braun
15	LAB	Jalin Sexton
16	FM	Jessica Powell
16	CBO	Cristy Bauer
17	IM	Debbie Crider
17	CBO	Lisa Clark
18	DRM	Dr. Stephanie Hose
18	ORTHO	Debbie Vaughan
19	CBO	Monica Leftwich
19	OPH	Dr. Robert Wankum
19	OSC	Melissa Wilcox
19	OPH	Dr. Philip Wilson
20	FM	Greg Rehagen
20	ORTHO-K	Mary Kay Ryan
21	ENT	Dr. Reese Thompson
22	EHR	Tanya Sullivan
22	ACCT	Amanda Nichols
23	ADM	Dana Korsmeyer
24	PHAR	Patty Rehagen
24	WHC	Anneke Stefka
24	IM	Lakeisha Carlisle
25	PHAR	Kate Rockwood
26	GI	Michelle Nolph
27	RAD	Janine Lewis
29	FM	Dr. Nina Kiekhaefer
30	IM	Debra Borghardt
31	EHR	Dorothy Holtmeyer
31	OSC	Wilma Matthew



March Meeting Schedule

Board of Directors	March 10 & 24	7:00 a.m.	Board Room
Finance Committee	March 10	12:00 p.m.	Board Room
EIC	March 15	1:00 p.m.	Board Room
FM Staff	March 15	6:00 p.m.	Board Room
FM Physicians	March 17	7:00 a.m.	JCMG Lounge
Education Committee	March 22	11:30 a.m.	Training Room
Safety Committee	March 24	7:45 a.m.	Training Room
Departmental Meeting	March 25	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	JCMG Lounge
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

JCMGuess Who?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3"x5" card to Community Relations, by March 14. If more than one correct entry is received, a drawing will be held.

February's mystery employee was Courtney Bauer, IS, and the winner was Denise Bauer, ENT. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee enjoys sewing and quilting in her spare time. However, spare time isn't easy to come by with two boys, ages 4 and 8. She loves quality family time and being outdoors. In fact, her family can be found taking weekend camping trips to various state parks throughout Missouri. This Guess Who has worked at JCMG for 10 years.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
